

Meter	Contour Plus Blue	Accu-Chek Instant	Tee 2+
Test strips	Contour Plus	Instant	Tee 2
Lancets	Klinion Soft Fine Colour 0.31mm/30gauge (compatible with supplied lancing device)	FastClix 0.3mm/30gauge	Klinion Soft Fine Colour 0.31mm/30gauge (compatible with supplied lancing device)
Meter manufacturer	Ascensia Diabetes Care 0345 600 6030	Roche 0800 701 000	Spirit Healthcare 0800 8815423

Self-monitoring of blood glucose (SMBG) is not generally recommended in the management of type 2 diabetes, with appropriate exceptions and information detailed below.

Do not routinely offer SMBG for adults with type 2 diabetes unless:

- the person is prescribed insulin, **or**
- there is evidence of hypoglycaemic episodes, **or**
- the person is on oral medication that may increase their risk of hypoglycaemia while driving or operating machinery, **or**
- the person is pregnant, or is planning to become pregnant. For more information, see SIGN or NICE guidelines on diabetes in pregnancy.

Take the [Driver and Vehicle Licensing Agency \(DVLA\) Assessing fitness to drive: a guide for medical professionals](#) into account when offering self-monitoring of blood glucose levels for adults with type 2 diabetes.

Consider short-term SMBG in adults with type 2 diabetes (and review treatment as necessary):

- when starting treatment with oral or intravenous corticosteroids, **or**
- to confirm suspected hypoglycaemia

Be aware that adults with type 2 diabetes who have acute inter-current illness are at risk of worsening hyperglycaemia. Review treatment as necessary.

If adults with type 2 diabetes are self-monitoring their capillary blood glucose levels, carry out a structured assessment at least annually.

*“This guidance should be used along with clinical judgement in complex patients”.*

For advice regarding specialty meters contact the Diabetes Specialist Nurses.

#### References

National Institute for Health and Care Excellence (NICE), 2017. *NICE guideline [NG28] Type 2 diabetes in adults: management*. Available at: <https://www.nice.org.uk/guidance/ng28>

Therapeutics, E. P. a., 2018. *Quality Prescribing for Diabetes A guideline for improvement 2018-2021*. Available at: <http://www.therapeutics.scot.nhs.uk/wp-content/uploads/2018/03/Strategy-Diabetes-Quality-Prescribing-for-Diabetes-2018.pdf>